

PORTLAND HOUSING AUTHORITY

9 Chatham Court, Portland, CT, 06480

**MONTHLY NEWSLETTERS
DECEMBER 2019**

HALLOWEEN ON MAIN STREET FLASHBACK



LIBRARY ACTIVITIES TO JOIN :

LONG TERM CARE information December 3rd, 2019 at 6:30 pm.

The Portland Library is sponsoring a free presentation on this important topic with speaker Aldo Pantano from the CT Partnership for Long-Term Care with the State Office of Policy and Management.

Registration Requested! Call the Library at 860-342-6770.

The Town of Portland will have available Christmas Food baskets to families at Chatham Court. **Families must register with the Food Bank by calling (860) 342-6795.** Baskets are not delivered to your units. Families must pick up their baskets at the Waverly Center formerly known as the Portland Senior Center located at 7 Waverly Avenue Portland. The food bank is open Monday and Thursday's from 9:00 am to 12:00 pm.



December Calendar

Main Office will be closed the following dates:

Christmas Eve– Tues. Dec. 24th

Christmas Day– Wed Dec.25th

New Year's Eve– Tues. Dec.31st

Board Meeting– Dec.16th @
Chatham Court Community room.

Quarry Heights Calendar

Holiday Breakfast-Dec. 18th from 9:00
am to 11:00 pm

Sign up no later than Dec. 15th, 2019 sheet
will be in the Community Center at Quarry
Heights or you can contact BJ.



Directory:

You will need to dial 860-342-1688 to reach the following staff members, extensions differ.

Susan Nellis– Admin. Coordinator
ext.111

Carol Diaz-Admin. Housing Assistant
ext. 110

Dan Rafaniello- Accounting and HR—
ext. 112

BJ Carrabbia-860-342-1688-QH Resident
Coordinator-ext.115

John Twichell- 860-519-3251-
Maintenance Emergency number only.



Exploring Musical Instruments on 10/19/19



The "Come Explore Music Instruments" day was a success. 28 musicians helped 35 children try a variety of instruments with 21 adults, including parents and grandparents, all with the help of 22 volunteers. One of the musicians and 7 of the volunteers were high school students. Many of the parents and grandparents spoke of the kind, gentle encouragement that the musicians gave all their children. Some of them also said they were delighted that their children had such a great opportunity to try the variety of instruments because this experience will help them when it comes time to choose an instrument to play in school. Thank you to all that participated.

Most Wonderful time of the Year!

Most of the excitement we conjure up during the holidays is for the children. We build up the anticipation for their behalf by decorating the house, putting up the tree, and starting the countdown until Santa comes. For many of us, Christmas is the most wonderful time of the year, but for other people, Christmas can be debilitating and wrought with anxiety and feelings of stress. Would you know if someone near you was having a stroke? When a person is having a stroke every second counts. Signs that you or a loved one may be having a stroke.

- ◆ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- ◆ Sudden confusion, trouble speaking or understanding
- ◆ Sudden trouble seeing or blurred vision in one or both eyes
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination
- ◆ Sudden severe headache with no known cause.



BROWN SUGAR PINEAPPLE HAM

Ingredients:

- 1 fully cooked bone-in ham (7 to 9 pounds)
- 1 can (20 ounces) crushed pineapple, undrained
- 1 cup packed brown sugar
- 1 tablespoon Dijon mustard
- 1/4 teaspoon ground cloves

Directions:

Preheat oven to 325°. Place ham on a rack in a shallow roasting pan. Using a sharp knife, score surface of ham with 1/2-in.-deep cuts in a diamond pattern. Cover and bake 1-1/2 hours. In a small bowl, mix remaining ingredients. Spread over ham, pressing mixture into cuts. Bake

